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# HTF Analyst

**Becoming a great HTF Analyst first**

**Watch the HTF Analyst Intro video for the steps to make sense!**

**Steps:**

1. Know the highest probability direction right now based off of the: monthly - weekly - daily - 4h
2. Have a routine you go through to determine your HTF DOL, take my routine as example, can be very simple. 1 time for the monthly, sunday for weekly, morning for daily and 4h - Example:  
Beginning of a new month: Pre-Month Analysis  
Weekend: Pre-Weekly Analysis and Post-Weekly Analysis  
Monday - Friday: Pre-Daily Analysis and Post-Daily Analysis  
Use trading dashboard → Journal
3. If price wants to continue higher/lower off of which PDA should it likely continue higher/lower from? Aka orderflow
4. Focus on PDA to PDA  
If price is coming from a Discount Array then what's the next opposing Premium Array it can target on that TimeFrame. Prices moves from PDA to PDA all the time
5. Focusing on the direction of the next candle
6. Are we respecting (wicking) or disrespecting (body close)
7. Where's your invalidation point? If it disrespects then what's the next likely target? Wait?
8. Tell yourself a story
9. Deep work sessions  
This is the sauce
10. Journal everyday

**HTF Analyst Exercise 1:**

1. Open a chart
2. Follow your steps on how to get to a HTF DOL
3. Study how each next candle is forming in hindsight
4. Use replay tool (optional)

**HTF Analyst Exercise 2:**

1. Open multiple charts
2. Forward testing by following your steps to get to a HTF DOL
3. For 1 week only study the HTF (4h and above)
4. Forecast the moves
5. Journal it once it happens and what you expect
6. Journal what happened

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***Move on to execution if you've done the HTF Analyst steps and have watched the videos***